

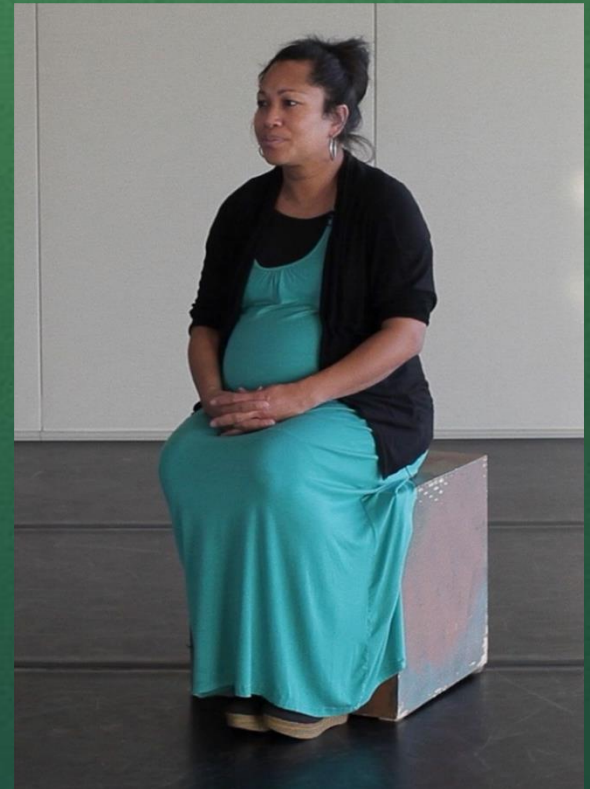


Prenatal Care

It Takes a Village: Giving Our Babies the Best Chance

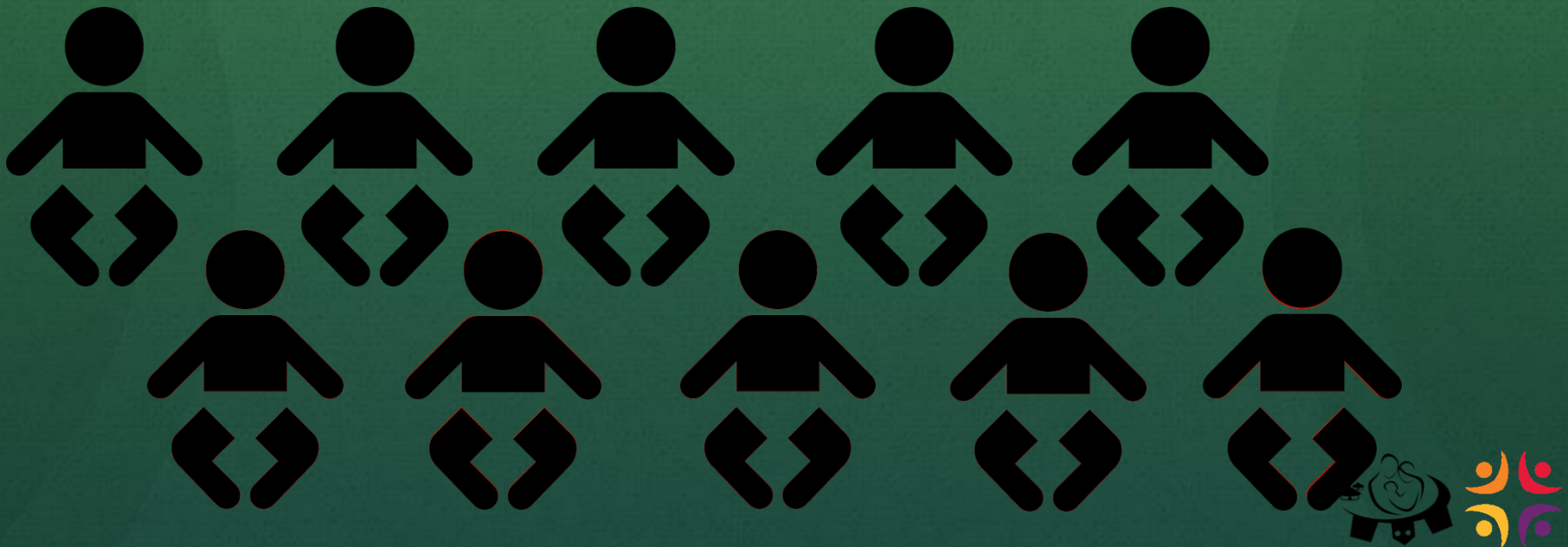
What is Prenatal Care?

- “Prenatal care is health care for pregnant women.”¹
- Early prenatal care is prenatal care received in the first trimester.²



Did you know?

- Almost half (42.1%) of our Pacific Islander babies in Utah are born without early prenatal care.²



Why should women get prenatal care?

- Prenatal care can prevent the majority of problems that can cause infant mortality.



When should women start prenatal care?

- As soon as you find out you are pregnant.
- Most clinics will see you at about 8 weeks.



How often will women go in for prenatal visits?

- Weeks 4-28: 1x per month
- Weeks 28-36: 1x every 2 weeks
- Weeks 36-40: 1 visit per week



What can I expect at a prenatal visit in the first trimester?

- Many questions about your health habits, your life and your family history
- Physical exam – includes pelvic exam
- Blood and urine tests
- Education on what to expect during pregnancy and future visits
- Ultrasound (6-8 weeks)



What can I expect at a prenatal visit in the second trimester?

- Weight
- Blood pressure
- Baby's heartbeat
- Baby measurement (fecundity)
- Test for gestational diabetes
- History regarding mom and baby physical well-being
- Ultrasound (18-20 weeks)



What can I expect at a prenatal visit in the third trimester?

- Weight
- Blood pressure
- Baby measurement
- Check for baby's position
- Questions regarding mom and baby's well-being



References

1. Office on Women's Health, U. S. D. of H. and H. S. (2012). Prenatal care fact sheet. Retrieved September 29, 2015, from <http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html#a>
2. Office of Health Disparities (2015). Health Status by Race and Ethnicity 2015. Salt Lake City, UT: Utah Department of Health.

